

4 kyu

NAGE WAZA (rzuty) :	KATAME WAZA:
<ul style="list-style-type: none">• TOMOE NAGE• KO SOTO GAKE• HARAI GOSHI• UCHI MATA	<ul style="list-style-type: none">• Duszenie HADAKA JIME• Duszenie OKURI ERI JIME• Dźwignia UDE GARAMI• Dźwignia UDE HISIGI JUJI GATAME

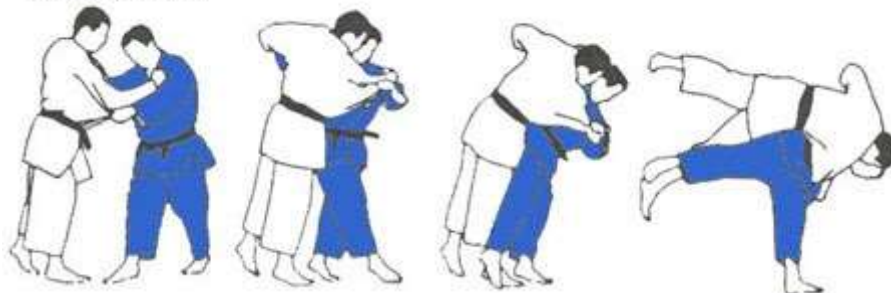
Tomoe-Nage



Ko-Soto-Gake



Harai-Goshi



Uchi-Mata



HADAKA JIME



OKURI ERI JIME



Ude Garami



UDE HISIGI JUJI GATAME

